

YES #16

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Ehsan Shayanfard

Warm-Up for performers and various objects

Warm-Up is a "research based rehearsal-performance" that deals with the movements of street protests and anti-riot police from a choreographic perspective. It sets out a process by which participants and audience learn and embody how power and oppression organizes bodies and their flow through space.

Duration: from 40 minutes to as long as it lasts

Setup: Example of a possible realization of *Warm-Up*

- 13 performers
- no sound design/ no light design/ no video
- 12 real baton
- 12 fake baton
- 12 shield which for some reason we made them ourselves
- 4 upper body mannequins, which are on the metal stool and at least 2 of them are rotatable with an handle
- 4 lower body mannequins
- 100 bottles of half filled water for the performance - 13 bottles of water for the performers
- date palm for rest

This performance was presented in 21th IIUTF 2018 and 37th FITF 2019

More on: www.idlearts.org/warmup

Contact: shayanfard@gmail.com